



# Chickpeas

## Fact Sheet



### **Where did they come from?**

Chickpeas also known as garbanzos or ceci (*pronounce chee-chee*) beans are an ancient crop that has been grown in the Middle East, India and parts of Africa for over 7,000 years. They are small, cream-colored, mild flavored legumes. Chickpeas are popular in many of world cuisines such as Middle Eastern, Indian, Italian, Spanish and Latin America.

### **Where do they grow?**

Chickpeas are grown throughout the Middle East, India, Turkey, Africa and the United States. India produces about 80-90% of the world's chickpea supply. Most of the chickpeas produced in the United States are grown in California. Eastern Washington State, Idaho and Montana grow this crop also, and recently have increased the amount they are growing since Mexico has cut back their production. Chickpeas are available year round either dried or canned.

### **How do they grow?**

Chickpeas are grown on multiple branched plants with small, feathery leaves with seed pods containing seeds. These grow between 8 to 40 inches tall. Chickpea plants contain a tap root system which allows them to withstand drought conditions and grow best in warmer climates consisting of hot days and warm nights. Chickpeas also require fertile and sandy soil with good drainage to prevent soggy or flooded ground.

### **Are they healthy?**

- ✎ Excellent source of protein  
(*In school lunch these can count as either a vegetable component or protein/meat alternate component.*)
- ✎ Contains complex carbohydrates and fiber
- ✎ Good source of vitamin B6, C and zinc

### **How do you pick a good one?**

- ✎ These are commonly purchased in cans so you only need to be sure that the can is not damaged and it meets quality U.S.D.A. grade standards.
- ✎ Choose dried beans/peas that are uniformly sized and evenly colored
- ✎ Avoid dried chickpeas that are cracked or broken
- ✎ If buying dried in bulk, check for insect damage (small, pin size holes)

# 😊 FUN FACTS! 😊

## Chickpeas

### Did you know...

- 😊 **Did you know chickpeas can be used in salads, soups, dips, and pasta or grain dishes?**
  
- 😊 **Did you know chickpeas are used to make hummus, a thick spread used on crackers or bread?**  
(Hummus is commonly eaten by vegetarians since it is a good source of protein. It is a Middle Eastern dip. Hummus is chickpeas that are mashed and combined with lemon juice, oil, crushed sesame seeds and garlic.)
  
- 😊 **Did you know chickpeas are used in a popular Middle Eastern dish called falafel?**  
(To prepare this dish beans are mashed and formed into balls and then deep fried.)
  
- 😊 **Did you know chickpeas can be purchased as dried or canned?**
  
- 😊 **Did you know that chickpeas have a nutlike flavor?**
  
- 😊 **Did you know chickpea seeds contain 20% protein, 5% fat and 55% carbohydrate?**
  
- 😊 **Did you know chickpeas are high in soluble fiber which may lower blood sugar and cholesterol levels?**

**Remember ...**

**Include 5 - 9 servings of fruits and vegetables per day!**



## School Food Service Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...

Listed below are suggestions that you may choose at your own discretion

### RECIPES:

- ✓ Try a new recipe with chickpeas/garbanzo beans --- Hummus; Great vegetarian item! (USDA E-24)
- ✓ Add hummus to vegetable sandwiches and wraps
- ✓ Offer three bean salads with chickpeas (USDA E-11 Substitute chickpeas for kidney beans)
- ✓ Add chickpeas to fresh tossed salads for extra fiber
- ✓ Add chickpeas to cooked brown rice or white rice

### MARKETING:

- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Place free small samples out for students to taste test --- Advertise as "Free Samples" and students may try something new!
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day; Give this menu a special name (*Example: Chill Out with Chickpeas or Groov'n' with Garbanzo Beans!*)
- ✓ Turn your salad bar into a "Salad Topping Bar":
  - ✓ Place lettuce, red/green leafy greens and fresh spinach in a bowl for students, then let them create their own salad masterpiece at the "Topping Bar"!
  - ✓ Offer salad toppings such as chickpeas, tomatoes, carrots, cucumbers, broccoli, three bean salad, sunflower seeds, Chinese noodles, croutons...
- ✓ Feature a "Vegetable Trivia Contest"!
  - ✓ Display different vegetables and have students "Name the Vegetable".
  - Or
  - ✓ Distribute a list of vegetable trivia questions and ask "What Vegetable Am I?"
  - ✓ Enter all returned questionnaires in a box.
  - ✓ Pick several winners, but questionnaires selected as winners must have correct answers!
  - ✓ Give out Fun prizes!

#### **Presentation Meal Appeal -----**

Vary Shapes in Salads for Eye Appeal and Exciting Mouth Feel!

#### **Quality:**

Rinse & Drain Canned Chickpeas to Eliminate Sodium!

#### **Safety:**

Return Bulging or Damaged Cans!



# School Food Service Link.....



## School Food Service Recipes



### Hummus

Meat/Meat Alternate

Salads and Salad Dressings

E-24

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned garbanzo beans or chickpeas, drained	4 lb 4 oz	2 qt 2 ½ cups (1 No. 10 can)	8 lb 8 oz	1 gal 1 ¼ qt (2 No. 10 cans)	1. Combine all ingredients in a food processor and puree to a smooth consistency.
Frozen lemon juice concentrate, reconstituted		3 ¼ cups		1 qt 2 ½ cups	
Peanut butter	2 lb	3 ½ cups 2 Tbsp	4 lb	1 qt 3 ¼ cups	
OR	OR	OR	OR	OR	
Tahini	2 lb	3 ½ cups 2 Tbsp	4 lb	1 qt 3 ¼ cups	
*Garlic cloves, peeled	5 oz	1 cup 1 Tbsp	10 oz	2 cups 2 Tbsp	
Olive oil		1 qt		2 qt	
Salt		2 Tbsp 1 tsp		¼ cup 2 tsp	
Ground black or white pepper		2 Tbsp 1 ½ tsp		¼ cup 2 tsp	
					2. Spread 5 lb ½ oz (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					3. CCP: Chill to 41° F or lower within 4 hours.
					Cover. Refrigerate until service.
					4. Portion with No. 8 scoop (½ cup).

Comments:  
\*See Marketing Guide.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Garlic	17 cloves	34 cloves

SERVING:	YIELD:	VOLUME:
½ cup (No. 8 scoop) provides 1 ¼ oz equivalent	50 Servings: about 10 lb 1 oz	50 Servings: about 1 gallon 2 ½ quarts

### Hummus

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E-24

Special Tip:  
Serve with pita bread.

Nutrients Per Serving					
Calories	316	Saturated Fat	4.18 g	Iron	1.06 mg
Protein	6.74 g	Cholesterol	0 mg	Calcium	27 mg
Carbohydrate	14.74 g	Vitamin A	12 IU	Sodium	533 mg
Total Fat	27.07 g	Vitamin C	6.3 mg	Dietary Fiber	3.0 g